The **Weight** is Over

TREKDESK

TREADMILL DESKS

Step Toward Health

User's Manual

! CAUTION !

Read the ENTIRE SAFETY and
Installation instructions
before using TrekDesk.
Save this manual for
future reference. Do not allow
children in the vicinity when using
a treadmill & always disconnect
all power cords when not in use.

TrekDesk.com **Phoenix, AZ** **Contact: info@trekdesk.com**

SAFETY PRECAUTIONS

! IMPORTANT !: Improper use of this product may cause serious injury. To reduce the risk of injury read this manual in its entirety as well as the safety recommendations accompanying your treadmill. TrekDesk assumes no liability for any personal injury or property damage that may be sustained by or through either the solitary use of this product or the use of this product in conjunction with any other apparatus.

1. We strongly recommend that all users consult their physician before starting any exercise program.

2. TrekDesk may obstruct control features of some treadmills. Please make sure that your treadmill has emergency stop features that allow quick access while using TrekDesk.

3. Do not sit or place item(s) whose total weight exceeds 55 pounds on TrekDesk.

4. Make note of the deck length of your treadmill when you place TrekDesk. Determine that your walking gait will not cause you to fall off the back end of the treadmill while in use.

5. Do not use treadmills in areas that have a prevalence of moisture or dust.

6. Do not use treadmills in areas where aerosol products, oxygen or gas of any kind are utilized.

7. Keep children under the age of 12 and pets away from treadmills and TrekDesk.

8. TrekDesk is made for single use. Do not allow more than one person on TrekDesk at a time.

9. Be certain that your treadmill and TrekDesk are placed on a level surface with a minimum of 8 feet of clearance behind it and 2 feet on either side.

10. Read all safety precautions included with your treadmill before installing TrekDesk.

11. It is the responsibility of the owner to alert any other users of TrekDesk to these safety precautions.

12. Wear appropriate clothing when using your treadmill. Athletic shoes are recommended.

13. Surge suppressors recommended by your treadmill manufacturer for use with your treadmill are essential, plugged into a grounded circuit with a minimum recommended amp capacity.

14. Do not attach other electrical apparatus to the same circuit as your treadmill.

15. Do not place hot items, liquid or solid on your TrekDesk. Do not use sharp tools of any kind while at your TrekDesk.

16. Practice using the Emergency Stop feature of your treadmill before using TrekDesk.

17. Never start the treadmill while you are standing on the track belt.

18. Most treadmills are capable of very high speeds, adjust speeds and inclines carefully and in small increments.

19. Some individuals may develop skin chaffing issues walking for extended periods of time. Consult your physician for recommended products to alleviate this concern.

20. Do not use TrekDesk if you feel faint, dizzy or ill for any reason.

21. Clear all items before attempting to move, dismantle, or adjust TrekDesk.

22. Do not attempt to modify or add accessories not specifically designed for TrekDesk.

23. Use your treadmill and TrekDesk only in the manner described and recommended.

24. Never leave the treadmill unattended while it is in operation. Remove the emergency stop key, and unplug your treadmill when not in use.

25. Do not attempt to use the TrekDesk until it is fully assembled and you have checked all assembly points.

26. Adjusting the height should be done carefully, one side at a time. Make sure nothing on the desk surface could fall. Hold support arm making adjustment, loosen both knobs and slide adjustment bracket to desired location. Tighten left stabilizing knob first, then screw in second positioning knob. Repeat for other side.

27. Inspect and tighten all bolts, brackets and knobs of TrekDesk on a regular basis.

28. When folding, storing or transporting the TrekDesk make certain that the storage latch is fully closed.

SAVE THESE INSTRUCTIONS!

GETTING STARTED

CONGRATULATIONS!

You have taken the first step in restoring and preserving your health and vitality by purchasing a TrekDesk. We want to express our gratitude for purchasing our product and assure you of our commitment to your total satisfaction and ultimate success.

TrekDesk offers a "no failure" means of meeting your individual health goals. Just commence your regular work duties with TrekDesk, add in your treadmill, start walking, and you will notice significant health gains in a very short time period.

PLEASE BE CERTAIN TO READ THIS MANUAL AND YOUR TREADMILL MANUAL CAREFULLY AND COMPLETELY BEFORE USING TREKDESK.

Should you have any questions, comments or suggestions please email us at info@trekdesk.com.

For detailed information on the health benefits of walking at your TrekDesk please visit our website at http://www.trekdesk.com.

PARTS LIST: **Before starting please check to make sure that all parts are included:**

KEY	Quantity	Description
AS	57/3 Larger	Assembly Screws
AK	7	Adjustment Knobs
1	1	Desk Top Left
2	1	Desk Top Right
8	2	Upper Leg Assembly
9	2	Lower Leg Assembly
3	2	Support Struts
7	1	Center Support Bracket
6	4	Desk Top Support Braces
5	2	Hinged Support Brackets
4	2	Support Brackets
CH	2	Cup Holders
MS	1	Manuscript Stand
FT	3/1	File Tray/Phone Stand
AI	2	Accessory Inserts
PS	6	3/8 Plastite Screws
D	4	Decals
SC	4	Strut Clips

Treadmill Recommendations:

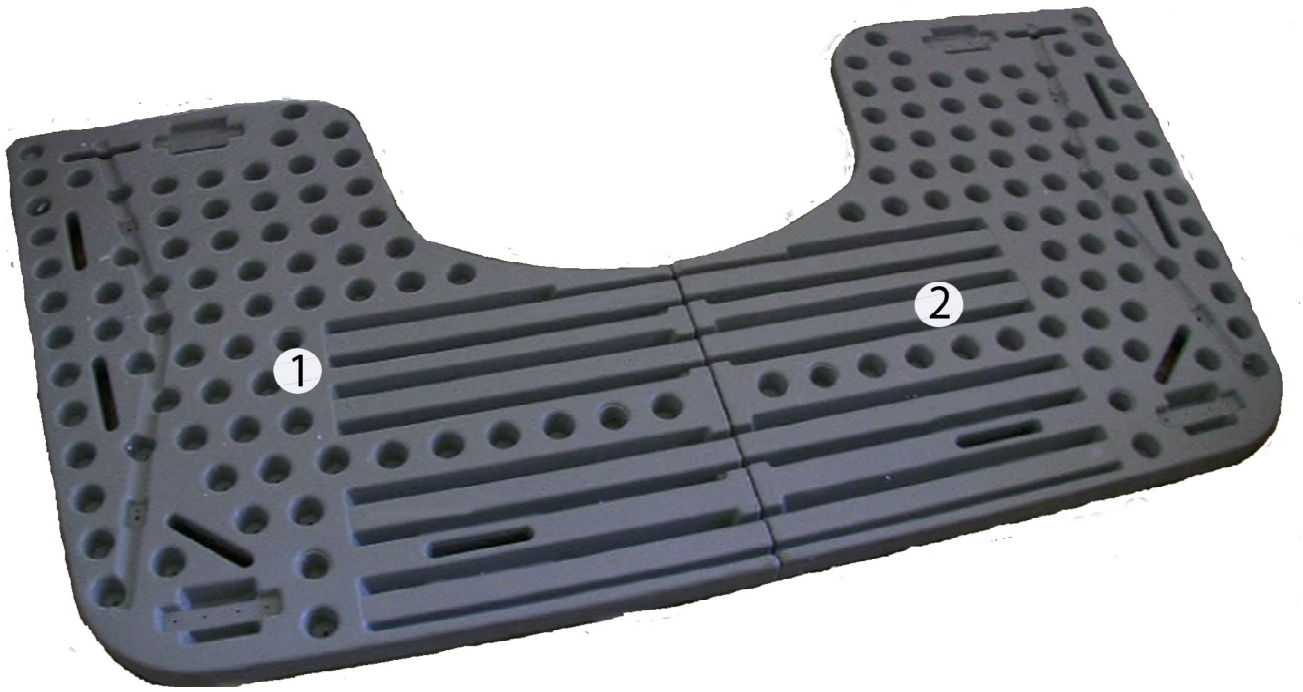
- There are hundreds of styles of treadmills in homes, health clubs and retail stores. TrekDesk can be used with many of them however there are some features that make particular treadmills easier and safer to use with TrekDesk.

- Deck Length: Preferred to be 50-55 inches minimum allowing for optimum walking gait.
- Control Panel: Positioned perpendicular to TrekDesk is optimal; may be positioned underneath as well.
- Deck Height: Preferred to be no higher than 9 inches from the floor at zero incline setting.
- Emergency Stop Key: Essential that your treadmill offers easy access to an emergency shut off feature.
- Brand: Treadmill features and prices change constantly so contact us at info@trekdesk.com with any questions regarding treadmill brand recommendations. Try to buy the best treadmill you can afford based on your budget. The less expensive models will cost more in the long term.
- Motor Size: 3HP minimum recommended.
- Consult our website for dimensional drawings of TrekDesk.
- There will be less wear and tear on the motor if you use the elevation feature of your treadmill.

Tools Needed: Phillips head screwdriver, power drill with phillips head attachment.

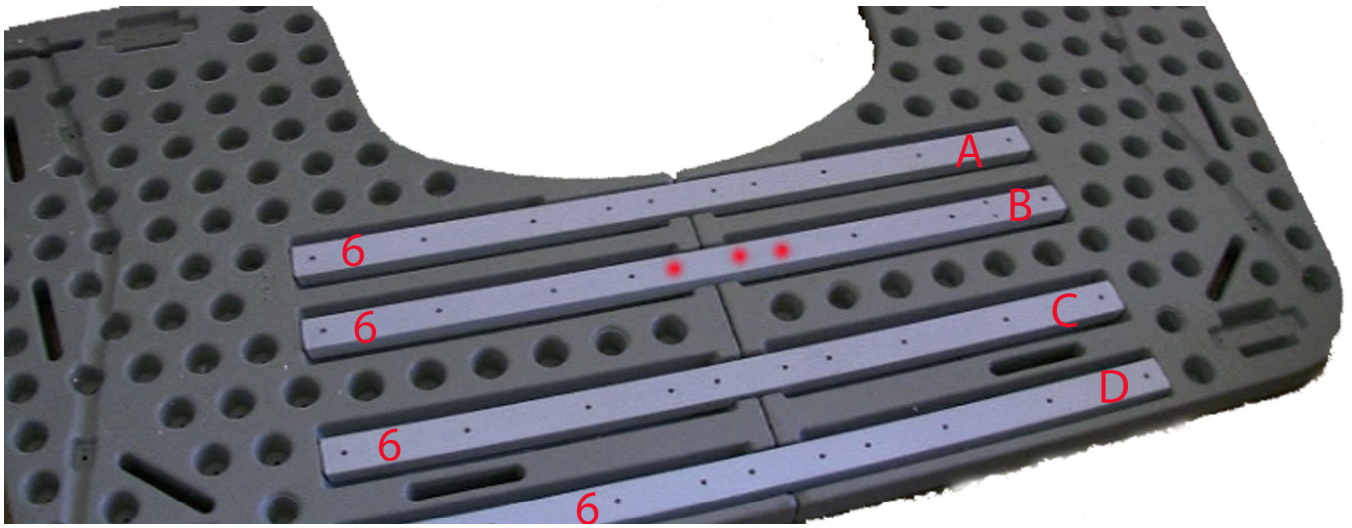
Step One:

-Place Left and Right Desk Tops (1 & 2) upside down on a hard FLAT surface (not carpet) to insure that both halves are lined up evenly (this is very important).



Step Two:

-Place Desk Support Braces (6) as shown below positioning into the pre-molded grooves. First affix the Braces in rows A, C, & D with Assembly Screws with your power drill. Be careful to insure that desktop halves remain lined up evenly. Secure row B with Assembly Screws last with the exception of 3 holes in center (marked in RED in the below photo). Leave these three screw holes vacant until the next step.

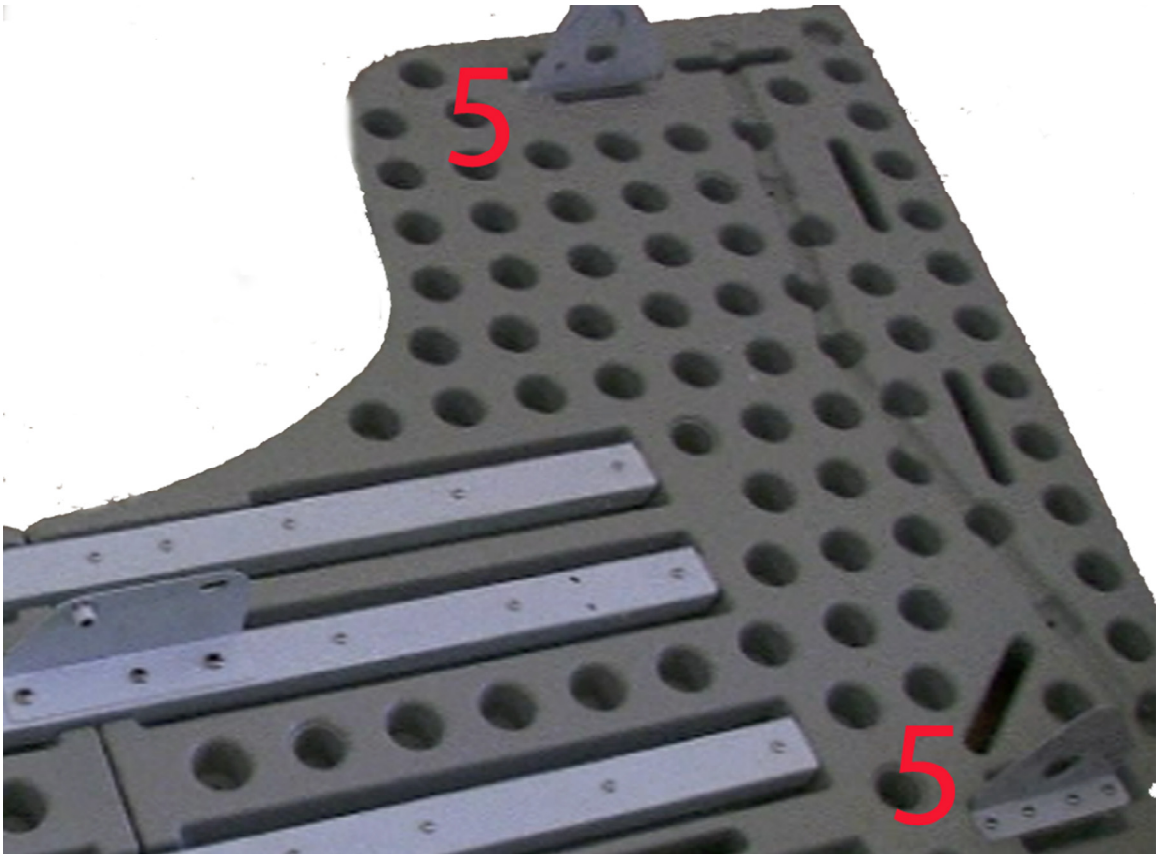


Step Three:

- Attach the Center Support Bracket (7) on top of Desk Support Brace (6) row B (as shown with adjustment knob female facing away from center of the desk) and affix with the 3 Larger Assembly Screws (AS).

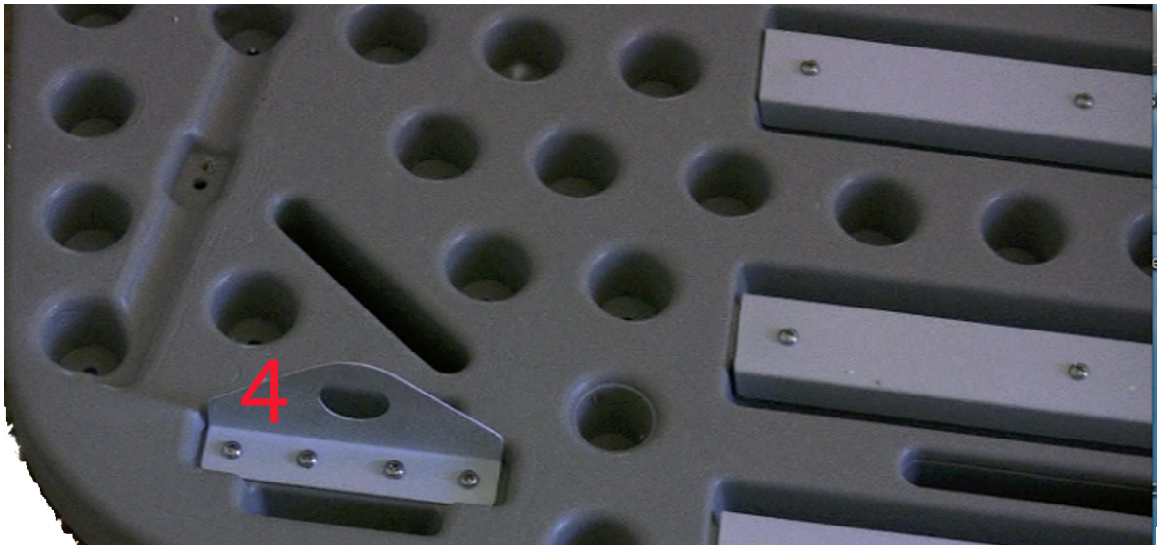
Step Four:

-Place both Hinged Support Brackets (5) into grooves on both ends of the right side of the Desk Top as shown below but affix only one of the brackets with Assembly Screws (do not yet affix the other bracket with screws). The bottom portion of the Hinged Support Brackets should be facing the outside edge of the Desk Top. The reason for not affixing the second Hinged Support Bracket with screws immediately is to later fit the Upper Leg Assembly before fully securing the bracket with screws.



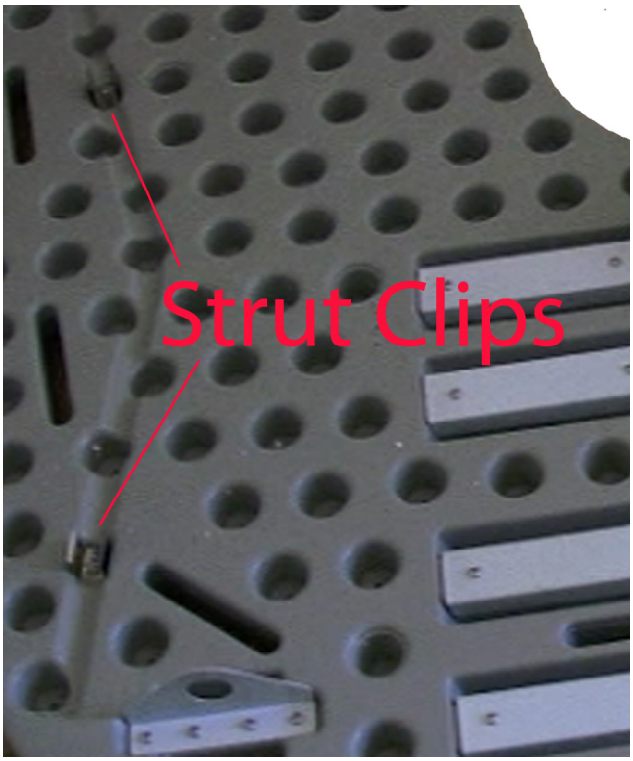
Step Five:

Repeat this process (Step 4) on the left side of the Desk Top by placing both Support Brackets (4) into grooves on both ends of the left side of the Desk Top. Affix only one of the brackets with Assembly Screws (do not yet affix the other bracket with screws). The bottom portion of bracket should be facing the outside edge of the Desk Top as shown below. Once again the reason for not affixing the other bracket with screws immediately is to later fit the Upper Leg Assembly before securing with screws.



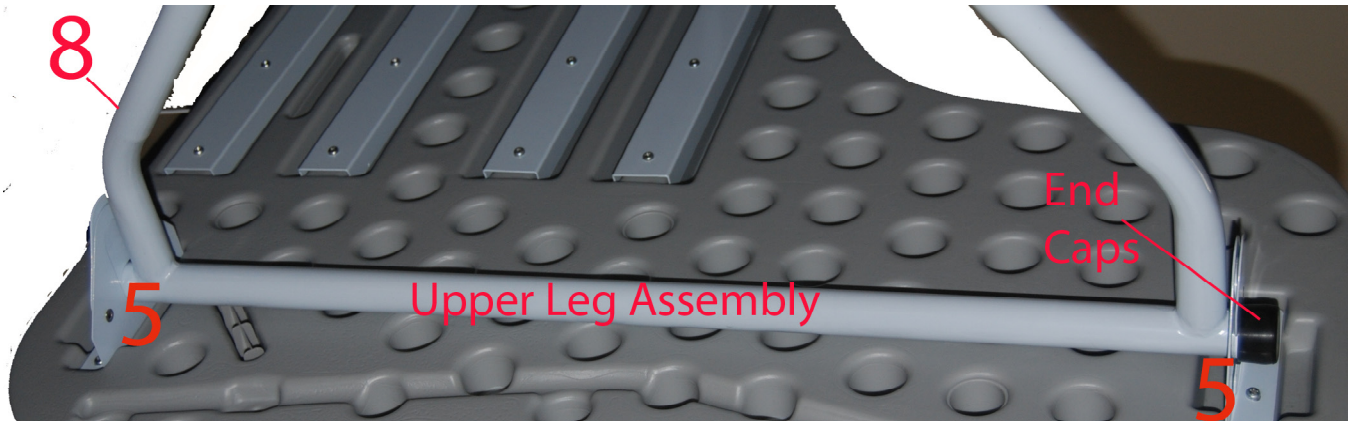
Step Six:

-Remove the Support Struts (3) from their pre-molded storage grooves and screw in the four Strut Clips (SC) into their welled slots (Two per desk top side). The hole in the Strut Clip wells are not meant for installation, simply position the Strut Clips away from the existing well hole and secure with an Assembly Screw. The Strut Clips hold the Support Struts within the grooved channel only in the event you want to fold your TrekDesk for storage or transport at a later date.



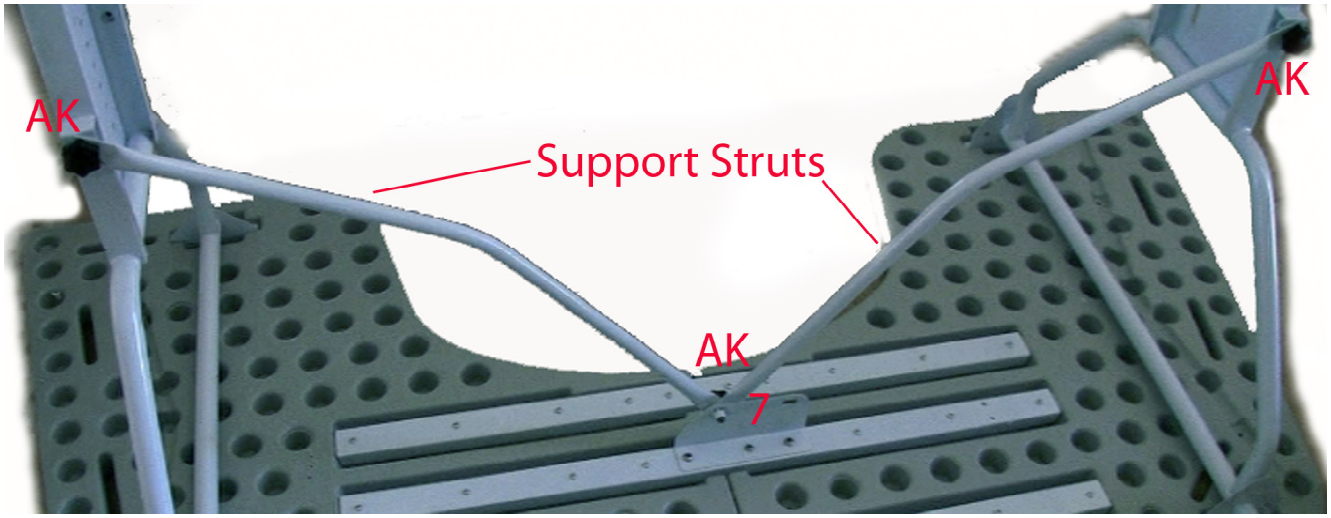
Step Seven:

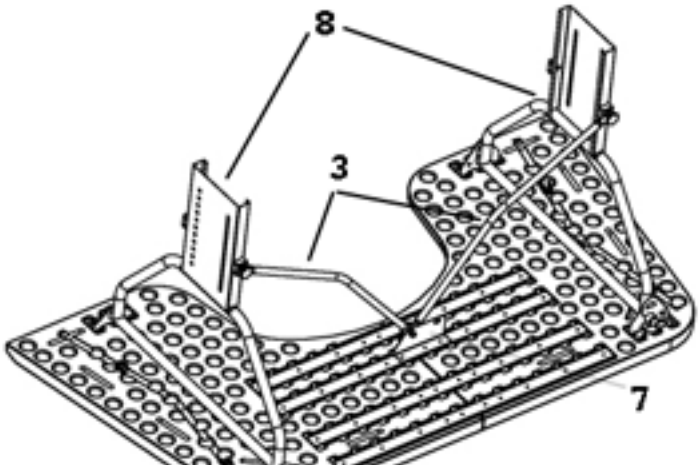
- Slide the top bar of the Upper Leg Assembly (8) first into the Hinged Support Brackets (5) on the right side of the Desk Top. Screw in the Assembly Screws to secure the Hinged Support Bracket (5) previously unsecured to the Desk Top and securely place the End Caps (EC) on each end of the Upper Leg Assembly. Repeat this same procedure for the other Upper Leg Assembly (8) into the Support Brackets on the left side of the Desk Top.



Step Eight:

-Next secure the Support Struts to both Upper Leg Assemblies (8) using Adjustment Knobs (AK) and affix one Adjustment Knob (AK) thru both Support Struts (3) to the Center Support Bracket (7) as shown below.





Step Nine:

- Slide the Lower Leg Assembly (9) into the Upper Leg Assembly (8) as shown in Fig. 3. Secure the Lower Leg Assembly to the Upper Leg Assembly by screwing in two Adjustment Knobs in the adjustable height settings located in the Upper Leg Assembly (8).

-You are now ready to flip the fully assembled TrekDesk over and stand it in position. Please use two people to accomplish this portion of the assembly.

-Make sure all Adjustment Knobs are securely in place and tightened.

-Set Adjustment Knobs to desired height on slide bar before screwing in the Adjustment Knobs into specific height holes.

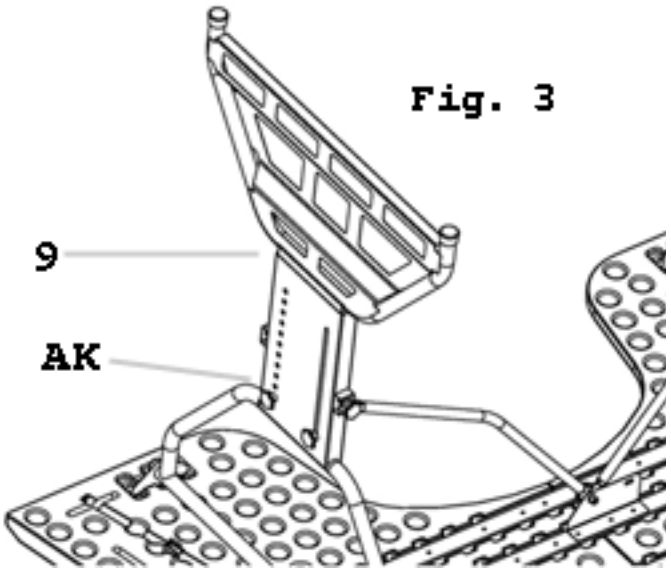


Fig. 3

Step Ten- Accessories:

-Your TrekDesk comes with Two (2) Cup/Utility holders that easily snap into the Accessory Insert Slots on the ends of the Desk Top. TrekDesk also features a manuscript stand and 4 level phone/file tray. These two accessories are secured to the Desk Top by attaching the Accessory Inserts via 3 plastite screws to the bottom of each accessory as shown in the Manuscript Holder example below:

Final Steps with TrekDesk:

- Decals: The numbered height adjustment decals are easy to line up and apply and make it simple to adjust the desk height to various settings.

NOTE: A vacant female attachment exists on the front of the Upper Leg Assembly. This is a design feature which may be utilized in later accessories.

Your TrekDesk is now ready to be added to your existing treadmill.

IMPORTANT: CONFIRM THAT YOUR TREADMILL OFFERS AN EMERGENCY SHUT OFF KEY OR SOME MEANS OF STOPPING YOUR TREADMILL IMMEDIATELY BEFORE USING TREKDESK. REFER TO SAFETY INSTRUCTIONS WITHIN THIS MANUAL BEFORE USING.

ORDERING REPLACEMENT PARTS or WARRANTY SERVICE

To order replacement parts please consult the parts list in this manual. Send an email with your request to orders@trekdesk.com.. We will respond with an estimated timeline for shipping and an affiliated cost if any.

If you are making a claim in accordance with the Limited Warranty detailed below please send a digital photo of the damaged or defective piece to warranty@trekdesk.com along with the name of the damaged or defective piece and corresponding parts list number, your full name and previous order number if possible.

LIMITED WARRANTY

TrekDesk warrants that this product is free of defects in workmanship and materials utilized under normal use and service conditions. This warranty is in effect from the date of purchase for a period of two (2) years.

This warranty is extended only to the original purchaser and cannot be assigned, sold or conveyed in any fashion. TrekDesk's obligations under this warranty are limited to replacing or repairing (subject to discretion of TrekDesk) defective or damaged items. If the product or affiliated part needs to be shipped to TrekDesk for repair, shipping charges to and from TrekDesk shall be the responsibility of Customer. Missing parts claims must be made within 10 days of purchase date. All repairs hereunder must first be pre-approved by TrekDesk. Customer may be asked to supply a digital photo via email of the damaged or defective part for authorization. Under no circumstances shall this warranty apply to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by TrekDesk, products used for commercial or rental purposes, or products previously used in a capacity such as display models or demos.

TrekDesk shall not be responsible or liable for indirect, special or consequential damages which may arise out of or in connection with the use or performance of the product or any damages resulting in any economic loss, physical harm, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of any nature. If you reside in a state that does not allow the exclusion or limitation of incidental or consequential damages the above limitation may not apply to you.

This limited warranty extended hereunder is in lieu of any and all warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms as herein described. If you reside in a state that does not allow limitations to the duration of implied warranties the above limitation may not apply to you.

This warranty conveys specific legal rights. You may also have other rights dependent upon your specific state laws.